

THOMAS J. VILSACK
GOVERNOR

STEVEN K. YOUNG, DIRECTOR

SALLY J. PEDERSON
LT. GOVERNOR

December 13, 2006

Dear Nursing Home Administrator:

Previously, you should have received a letter from Thomas Hamilton, Director of CMS' Survey and Certification Group informing you of the opportunity to become involved in the national "Advancing Excellence for America's Nursing Homes" campaign. This campaign includes the attainable and worthwhile goals of reducing pressure ulcers among residents at high risk for pressure ulcers, and reducing the use of daily physical restraints. As a federal agency, CMS has also established performance goals (Government Performance and Results Act, or GPRA) for reducing restraint usage and reducing the incidence of pressure ulcers among nursing home residents. The goals of both the Advancing Excellence campaign and GPRA are targeted towards improving clinical outcomes for residents of nursing homes.

The Iowa Department of Inspections and Appeals strongly supports the goals of the Advancing Excellence campaign and encourages nursing facilities in Iowa to consider joining the campaign, and to work to achieve the goals of the campaign. As you are aware, the prevention and treatment of pressure ulcers and the use of restraints are issues that are routinely reviewed during the annual recertification surveys conducted by this department.

Historically, Iowa facilities have done well in achieving goals related to the reduction of restraint usage and reduction in the incidence of pressure ulcers. The most recent data available shows that while the national average rate for restraint usage was 7+ percent, Iowa facilities were able to establish a rate of 2.2 percent. Similarly, while the national average for incidence of pressure ulcers was 8+ percent, the rate in Iowa was 5.4 percent. Iowa should be the model state for others to follow. Those facilities above the average rates should consider joining the campaign. Even those below the average rate can benefit from joining this initiative.

Even with the promising low rates that Iowa facilities have achieved, facilities should continue to work to reduce both the incidence of pressure ulcers and restraint usage even further, and to be a model for the nation. We encourage you to evaluate your current practices, set goals for reducing pressure ulcers and restraint usage, and to monitor and track your progress. It will likely be beneficial to the residents you serve to seek additional educational resources to help reduce pressure ulcers and restraint usage. To that end, the department encourages you to contact the Quality Improvement Organization (The Iowa Foundation for Medical Care) to discuss options and resources available to you. The following contact information is provided for your convenience.

LUCAS STATE OFFICE BUILDING, 321 EAST 12TH STREET, DES MOINES, IOWA 50319-0083

ADMINISTRATION
(515) 281-5457
FAX: (515) 242-6863

ADMINISTRATIVE HEARINGS
(515) 281-4843
FAX: (515) 281-4477
Telephone Number for the Hearing Impaired: (515) 242-6515

HEALTH FACILITIES
(515) 281-4115
FAX: (515) 242-5022

INVESTIGATIONS
(515) 281-5714
FAX: (515) 242-6507

Ms. Joyce Taylor
Manager, Health Care Quality Programs
IFMC
515 457-3730
jtaylor@iaqio.sdps.org

Additionally, the Quality Improvement Organization will be contacting select facilities with rates of pressure ulcers and/or restraint usage that exceed specified levels, in order to offer additional assistance and resources to the facility to impact these measures.

The Advancing Excellence campaign also provides a wealth of information for facilities that want to join the campaign and participate in working to achieve the goals of the campaign. You can view the campaign website at www.nhqualitycampaign.org. On the website you can join the campaign, select goals for your facility, and access available resources that can assist you in achieving specified goals.

I hope you all take advantage of the resources available to improve quality of care to residents of nursing facilities in Iowa. The department looks forward to reviewing your efforts and successes as we routinely do at our next onsite visit to your facility.

Sincerely,

A handwritten signature in black ink that reads "Steve Young". The signature is written in a cursive, flowing style.

STEVEN K. YOUNG
Director

cc: IFMC/QIO